Experiencing a crisis? Please contact one of the following:

- **For suicide crisis: National Suicide Prevention Lifeline**: 1 (800) 273-8255
- **For LOCAL suicide, mental health or substance use crisis: 24/7 Crisis Line**: 1 (877) 266-1818
  - *Whitman County, use 1 (888) 544-9986*
- **For mental health/substance use crisis: SAMHSA’s National Helpline**: 1 (800)-622-HELP (4357)
- **For suicide, mental health or substance use crisis: Crisis Text Line (Recommended for Youth)**: Text START to 741-741
- **For LGBTQ+ Youth: The Trevor Project**: (866) 488-7386